

Children

Parenting with Love and Logic

Learn how to prepare your child/ren for a world that requires responsibility and maturity.

Learn specific strategies, tools/techniques, and how to execute this parenting style!

Non-physical discipline techniques taught!

Workbook provided for "Homework" at home!

Who: Active Duty/Dependents

Where: CAFB Clinic, Wingman's Conference Room

When: 2, 9, 16, & 23 December 2014 from 1100-1300

Note: This is a 4 session class

Holiday STRESS Awareness

Come and take the HOLIDAY stress test!

Learn how to prioritize your holiday obligations.

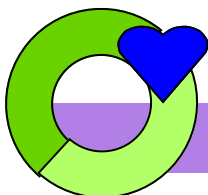
A fun lighthearted look at how Santa manages to remain resilient during his demanding duties to deliver presents around the world!

Who: Cannon AFB Beneficiaries

Where: CAFB Clinic, Wingman's Conference Room

When: 5 December 2014 from 1100-1200

Note: This is a 1 session class



F.A.S.T

Family Advocacy Strength Based Therapy

For times when you are having...

Marital/relationship difficulties Struggles with your children

Q: What is the **FAST** Program?

A: Counseling for family-related issues focusing on creating HAPPY and SAFE families.

Q: Is it really confidential?

A: YES! Your visits to **FAST** are NOT reported to leadership.

Q: Your office is in the Med Group, what about my medical record?

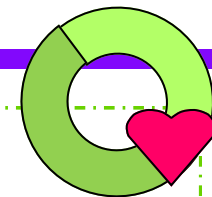
A: Visits to **FAST** are NOT a part of your regular medical record. **FAST** records do not follow you to your next base either!

Q: Who can use **FAST** services?

A: Cannon AFB Beneficiaries

Q: How do I schedule an appointment?

A: EASY! Call the Family Advocacy office at 784-2474 and ask for a **FAST** appointment



Family Advocacy Prevention Program

2014 3rd & 4th Quarter Classes

Life is all about relationships...how we get along with others both in our personal lives and at work. However, relationships are not always easy and strained ones can create unnecessary stress.

That is why our program offers a fun way to learn new skills (or sometimes review the skills we already have) to use in all of our relationships.

Classes are voluntary, no documentation, requires no referral, and are open to Cannon Air Force Base Beneficiaries.

HOPE TO SEE YOU THERE!



27 SOMDOS/SGOMH

To Sign Up Call: 575-784-

Prevention

Got Anger??

Anger Management

Learn the definition of anger, personal triggers and the levels of the anger meter

Learn how poorly managed anger and negativity invades all aspects of life

Learn your anger cues and how to manage them effectively in daily life

Who: Active Duty/Dependent(18 or older)

Where: CAFB Clinic, Wingman's Conf. Room

When: 6, 13, & 20 November 2014 0800—1030

Note: This is a 4 day class



Anger Awareness

A condensed curriculum focusing on concepts discussed in Anger Management.

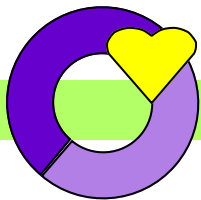
Learn the basics of anger as an emotion and multiple techniques to assist in managing anger.

Who: Active Duty/Dependent(18 or older)

Where: CAFB Clinic, Wingman's Conf. Room

When: 22 October 2014 from 1100-1200

Note: This is a 1 session class



Relationships

Couples Workshop!!

“PREP: Within Our Reach”

Couples, attend this workshop to identify and enhance existing strengths and to increase your critical life and relationships skills!

Learn how to successfully communicate with your significant other and manage conflict.

Learn your personality characteristics and how they compare with your significant other!

Who: Active Duty/Dependents
Couples Preferred

Where: CAFB Clinic, Wingman's Conf. Rm.

When: 1 & 8 October 2014 0800-1200

Note: This is a 2 day class

5 Love Languages

Discover the secret to love that lasts!

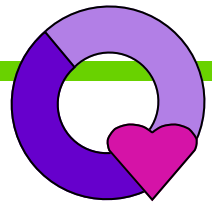
Does it seem as though you and your partner speak different love languages?

What is your partner's love language? How do you speak their language?

Who: Couples Preferred

Where: CAFB Clinic, Wingman's Conf. Room

When: 18 November 2014 from 1100-1300



How to Avoid Falling for a Jerk/Jerkette

Do you find yourself saying, “I should have known better, I always seem to fall into the same type of relationship!”

“Follow your heart without losing your mind”

This class teaches the Relationship Attachment Model and how to develop a good and healthy relationship by using simple concepts!

Who: Active Duty (singles preferred)

Where: CAFB Clinic, Wingman's Conf. Room

When: 17 December 2014 from 0830-1230

Note: This is a 1 session class

Family Advocacy Education Seminar **F.A.S.E.S.**

Overview of coping skills to promote resiliency in families.

Topics covered include:

Anger Management
Stress Management
Family Maltreatment
Parenting Styles
Discipline for Children
Communication in Relationships

Who: Active Duty/Dependent (18 or older)

Where: CAFB Clinic, Wingman's Conf. Room

When: 15 October 2014 from 0800-1200

12 November 2014 from 0800-1200

10 December 2014 from 0800-1200

Note: This is a 1 session class